Counting and Breathing

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This is a good technique for managing stress and helping for sleep!

Count backwards from 50 down to 1, yet do it in a special way.

Count 50 then count 1, 2, 3, then count 49 then 1, 2, 3, then count 49.

Continue on with this pattern 48, 1, 2, 3 then 47, 1, 2, 3…

Do not hurry and rush, take your time…

Concentrate on the numbers as you count backwards.

It takes effort to see and to picture the numbers that you are counting…

You will find yourself drifting into a relaxed state of mind or into sleep.